

fitness & gym *Facilities*

Air Park West 3720 NW 46th

Gym Reservations: Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court for one 55 minute time block, per team per week. Reservations are first-come, first-serve. **Call 441-7876.**

Weight & Fitness Equipment:

Universal Weight Machine, Leg Curl and Extension Equipment, Free Weights & Dumbbells, and Exercise Bikes. A \$10.00/ twelve use punchcard is available for fitness/ weight facilities. Single day use is only \$1.00.

Belmont 1234 Judson

Gym Reservations: Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court for one 55 minute time block, per team per week. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week. **Call 441-6789.**

Weight & Fitness Equipment:

Universal Fit Step Stair Climbers, Concept II Rowing Machines, Schwinn Air-Dyne Exercise Bikes, Nordic Track Cross-Country Ski Machines, Sports Art Treadmill, Universal Weight Machine

Track:

Belmont has an elevated track which is available to use from 7:00 am - 8:00 pm. See below for fees.

Showers & Lockers on-site. Bring your own towels and lock.

Calvert 4500 Stockwell

Gym Reservations: Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court for one 55 minute time block. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week.

Call 441-8480.

Walking:

Calvert allows you to walk the perimeter of the gym from 8:15 am - 2:45 pm. No fee.

Easterday 6130 Adams

Weight & Fitness Equipment: The NEW Cage System Weight Training Package offers a combination of training options to satisfy a lifter with lofty goals. System Includes: Upper & Lower Cable System/Pec Dec Station, Smith Machine, New Multi-Position Benches, Preacher Curl, Leg Extension/Leg Curl. A \$10.00/ twelve use punchcard is available for fitness/weight facilities. Single day use is only \$1.00.

"F" Street 1225 "F" Street

Gym Reservations: Volleyball courts available to reserve for \$10.00 for one 55 minute time block. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week. **Call 441-7951.**

Weight & Fitness Equipment:

Free Weights, Treadmill, Stair Climbers, Exercise Bikes, Elliptical Machines.

Single day weight or track use is only \$1.75 or \$3.50 for both.

Track:

"F" Street has an elevated track which is available to use from 7 am - 9 pm. See below for fees.

Showers & Lockers on-site. Bring your own towels and lock.

Irving 2010 Van Dorn

Gym Reservations: Volleyball courts are available to reserve for \$10 and basketball courts are \$8.00 per 1/2 court or \$16 per full-court for one 55 minute time block, per team per week. Weekly reservations are taken beginning each Wednesday at 9:00 am for the following week.

Call 441-7954.

Weight & Fitness Equipment:

Universal Weight Machine, Air Dyne Exercise Bikes, and a Rowing Machine.

A \$10.00/ twelve use punchcard is available for fitness/weight facilities. Single day use is only \$1.00.

Fees & Passes

	Track	Weights	Track/Fitness/Weights	
Air Park West	*Not Applicable	\$1.00/Day	*\$1.00/Day	\$10/12 punch card (no track avail.)
Belmont	\$1.75/Day	\$1.75/Day	\$3.50/Day	\$35.00/Mo. or \$200/Yr./Person
	\$15.00/Month	\$17.50/Month		\$50.00/Mo./or \$300/Yr./Family
Easterday	*Not Applicable	\$1.00/Day	*\$1.00/Day	\$10/12 punch card (no track avail.)
"F" Street	\$1.75/Day	\$1.75/Day	\$3.50/Day	\$35.00/Mo./Person or \$200/Yr.
		\$17.50/Month		\$50.00/Mo./Family or \$300/Yr.
Irving	*Not Applicable	\$1.00/Day	*\$1.00/Day	\$10/12 punch card (no track avail.)

Fitness Facilities Hours

Su	M	T	W	H	F	Sa	Center	Type	Hours	Use	Fees
Air Park West											
	M	T			H			Gym	11:30 am - 8:00 pm	Everyone	Free
			W		F			Gym	11:30 - 5:30 pm	Everyone	Free
	M	T		H				Fitness	11:30 am - 8:00 pm	Adults (13 & Older)	\$1.00/day
			W		F			Fitness	11:30 - 5:30 pm	Adults (13 & Older)	\$1.00/day
Belmont											
	M	T	W	H	F			Track/Fitness	6:45 am - 7:45 pm ¹	Adults (13 & Older)	\$1.75/day \$17.50/month
						Sa		Track/Fitness	9:00 am - 4:40 pm	Adults (13 & Older)	\$1.75/day \$17.50/month
Su						Sa		Gym	1 - 4:40 pm	Basketball ³	***Phone 441-6789
Su								Gym	1 - 4:40 pm	Volleyball	***Phone 441-6789
								Track/Fitness	1 - 4:40 pm	Adults (13 & Older)	\$1.75/day \$17.50/month
Calvert											
Su								Gym	1 - 4:40 pm	Volleyball ³	***Phone 441-8480
	M		W	H				Gym	5 - 5:55 pm	Basketball	***Phone 441-8480
		T						Gym	5 - 7:50 pm	Basketball ⁶	***Phone 441-8480
						Sa		Gym	1 - 4:40 pm	Basketball ²	***Phone 441-8480
Easterday											
					F			Weightroom	9:00 am - 5:45 pm	Adults (15 & Older)	\$1.00/day \$10.00/12 days
F Street											
	M	T	W	H	F			Track	8 - 9:00 am	Adults	\$1.75/day \$17.50/month
	M	T	W	H	F			Track	9 - 11:00 am	Adults	Free
	M	T	W	H	F			Track	11 am - 1 pm	Adults	\$1.75/day \$17.50/month
	M	T	W	H	F			Track	1 - 3:00 pm	Adults	Free
	M	T	W	H	F			Track	5 - 9:00 pm	Everyone	\$1.75/day \$17.50/month
Su						Sa		Track	1 - 6:00 pm	Everyone	\$1.75/day \$17.50/month
								Track	9 am - 9 pm	Everyone	\$1.75/day \$17.50/month
	M	T	W	H	F			Gym	8 am - 3:00 pm	Adults	\$1.00/day
	M	T	W	H	F			Gym	3 - 5:00 pm	Grade School	Free
	M	T	W	H				Gym	5 - 7:00 pm	Adult	\$1.00/day
	M	T	W	H				Gym	7 - 9:00 pm	Mid-Level/High School	Free
Su								Gym	1 - 2:00 pm	Elementary	Free
Su								Gym	2 - 4:00 pm	Adult	\$1.00/day
Su								Gym	4:00 - 6:00 pm	Mid-Level/High School	Free
						Sa		Gym	9 am - 1:00 pm	Adult	\$1.00/day
						Sa		Gym	1 - 5:00 pm	Elementary-High School	Free
					F			Gym	6 - 8:45 pm	Volleyball	\$10.00/55 mins.
	M	T	W	H	F			Fitness	8 am - 9:00 pm	Adult (15 & Older)	\$1.75/day \$17.50/month
						Sa		Fitness	9 am - 9:00 pm	Adult (15 & Older)	\$1.75/day \$17.50/month
Su								Fitness	1 - 6:00 pm	Adult (15 & Older)	\$1.75/day \$17.50/month
Irving											
	M	T		H				Gym	6 - 7:50 pm	Basketball ⁴	*** Phone 441-7954
			W					Gym	6 - 7:50 pm	Volleyball ⁴	*** Phone 441-7954
						Sa		Gym	1 - 1:40 pm	Basketball ⁵	*** Phone 441-7954
	M	T	W	H				Fitness	5 - 7:45 pm	Middle School - Adult	

¹ Begins 9/6

² begins 10/1

³ begins 10/2

⁴ begins Sep 6

⁵ begins Nov 5

⁶ 6-8 P.M. begins 10/3

*** \$8.00(basketball- h□
each Wednesday at 9 am prior to week needed.